

Live Well Lakewood Workgroup



Photo Credit: Aerial Agents

Meeting 2: June 5, 2019



Welcome & Introductions

What excites you most about this work?



Recap of Meeting 1

What are we doing?

1. There are **significant resources in this city** that have been earmarked for health-related endeavors, from many **different sources** - including government and philanthropic dollars.
2. We have a **unique opportunity to recommend how to invest those dollars** in Lakewood's health in ways that are **comprehensive and long-term**.
3. **Our task** is to **make the case** to stakeholders for how the community should come together, leverage our assets, and comprehensively **approach health strategically** as a community.



Why is it important?

generations
quality-of-life
social integration
economic vitality
equity
culture
equitable access
sustainability
reducing barriers

We can put the well-being of our community first, by reducing social barriers to health for Lakewood residents and strengthening our community through **equitable access to a healthy life**.

Focusing on **Lakewood's future** through the lens of the social determinants of health creates a path toward a **socially integrated, economically vital, sustainable** and **culturally equitable** community where residents have **access** to the resources they need to achieve lifelong physical, emotional and mental health now and in generations to come.

Due to its' resources, size, geography, and demographics, Lakewood is positioned to become a national model by setting attainable and measurable goals.

Welcome New Members

Today's Agenda

1. Develop a set of Guiding Principles for this workgroup
2. Identify the strategic approaches other communities are using to foster positive outcomes in areas of social determinants of health



Establishing Guiding Principles

**Guiding
principles set a
shared
foundational
philosophy to
guide our
decision making.**

Examples

- **Asset-based:** Lakewood has many existing assets from which we will build.
- **Evidence-based:** There are strategies we know work.
- **Existing Landscape:** We will not duplicate efforts.
- **Flexibility:** The world around us changes quickly, community efforts need to be adaptable.
- **Health Equity:** Everyone should have what they need to achieve the best health possible.

What else?



Discussing Existing Frameworks

What are the core approaches existing models are using?

- Focus on Health Behaviors (Blue Zones)
- Focus on Clinical Intervention & Prevention (ProMedica)
- Equity, resilience and climate protection at the heart of community transformation (EcoDistricts)
- Focus on addressing root causes of health inequity, poverty and race (National Academies of Science, Engineering and Medicine)
- Community-wide Interventions that focus on social determinants of health and making the healthy choice the easy choice (Health Impact in 5 Years – CDC)

What other frameworks should we consider?

Health Impact in 5-Years – CDC's framework:

14 Evidence-Based, Community-Wide Interventions

Address the Social Determinants of Health

- Early Childhood Education
- Clean Diesel Bus Fleets
- Public Transportation System Introduction or Expansion
- Home Improvement Loans and Grants
- Earned Income Tax Credits
- Water Fluoridation



Change the Context: Making Healthy Choice the Easy Choice

- School-Based Programs to Increase Physical Activity
- School-Based Violence Prevention
- Safe Routes to School (SRTS)
- Motorcycle Injury Prevention
- Tobacco Control Interventions
- Access to Clean Syringes
- Pricing Strategies for Alcohol Products
- Multi-Component Worksite Obesity Prevention

Future Meeting Schedule

Dates, times locations of future meetings go here.

- Tuesday, June 25, 2019 at 7:30 a.m. at Lakewood City Hall Auditorium (NOTE NEW LOCATION)
- Wednesday, July 17, 2019 at 7:30 a.m. at Lakewood Park Woman's Pavilion
- Tuesday, August 6, 2019 at 7:30 a.m. at Lakewood Park Woman's Pavilion
- Wednesday, August 28, 2019 at 7:30 a.m. at Lakewood Park Woman's Pavilion



Homework: What assets should we be building on?